

What is claimed is:

1. A process for preparing a food product, comprising:
 - (a) vacuum tumbling a food product with an aqueous flavor solution and with a dispersion of a lipid in an aqueous starch solution; and
 - (b) freezing the vacuum tumbled food product in a liquid freeze bath.
2. The process of claim 1, wherein the lipid is selected from the group consisting of vegetable oils, essential oils, animal fats, mineral oils, glycerol, waxes, and fatty acids.
3. The process of claim 1, wherein the aqueous starch solution comprises starch selected from the group consisting of cornstarch, wheat starch, rice starch, potato starch, and tapioca starch.
4. The process of claim 1, wherein the lipid is present in an amount of from about 5% to 65% by dry weight of starch in the aqueous starch solution.
5. The process of claim 1, wherein the lipid is present in an amount of from about 20% to 40% by dry weight of starch in the aqueous starch solution.
6. The process of claim 1, wherein the vacuum tumbling step reduces foodborne bacteria present in the food product.
7. The process of claim 1, wherein the vacuum tumbling step reduces pathogenic bacteria present in the food product.

8. The process of claim 1, wherein the vacuum tumbling step reduces spoilage bacteria present in the food product.

9. The process of claim 1, wherein the aqueous flavor solution comprises flavors, herbs, spices or flavor enhancers.

10. The process of claim 1, further comprising the step of dusting the vacuum tumbled food product in a flour coating prior to the freezing step.

11. The process of claim 10, further comprising the step of coating the dusted food product with a second dispersion of a lipid in an aqueous starch solution prior to the freezing step.

12. The process of claim 11, wherein the second dispersion further comprises flavors, herbs, spices and flavor enhancers.

13. The process of claim 1, further comprising the step of partially frying the vacuum tumbled food product prior to the freezing step.

14. The process of claim 1, wherein the food product is a protein food product.

15. The process of claim 14, wherein the protein food product comprises a seafood product.

16. A process for preparing a food product, comprising:

- (a) vacuum tumbling a food product with an aqueous flavor solution and with a dispersion of a lipid in an aqueous starch solution;
- (b) coating the vacuum tumbled food product with a second dispersion of a lipid in an aqueous starch solution; and
- (c) freezing the coated food product in a liquid freeze bath.

17. The process of claim 16, wherein the lipid is selected from the group consisting of vegetable oils, essential oils, animal fats, mineral oils, glycerol, waxes, and fatty acids.

18. The process of claim 16, wherein the aqueous starch solution comprises starch selected from the group consisting of cornstarch, wheat starch, rice starch, potato starch, and tapioca starch.

19. The process of claim 16, wherein the lipid is present in an amount of from about 5% to 65% by dry weight of starch in the aqueous starch solution.

20. The process of claim 16, wherein the lipid is present in an amount of from about 20% to 40% by dry weight of starch in the aqueous starch solution.

21. The process of claim 16, wherein the vacuum tumbling step reduces foodborne bacteria present in the food product.

22. A process for preparing a food product, comprising vacuum tumbling the food product with an aqueous flavor solution and with a dispersion of a lipid in an aqueous starch solution.

23. The process of claim 22, further comprising:
coating the vacuum tumbled food product with a second dispersion of a lipid in an aqueous starch solution.

24. A process for preparing a food product, comprising:
(a) vacuum tumbling a food product with an aqueous flavor solution;
(b) coating the vacuum tumbled food product with a dispersion of a lipid in an aqueous starch solution; and
(c) freezing the coated food product in a liquid freeze bath.

25. A food product produced by the process of claim 1.

26. A food product produced by the process of claim 16.

27. A vacuum tumbled food product comprising a coating formed from a lipid dispersed in an aqueous starch solution.

28. The vacuum tumbled food product of claim 27, wherein the food product is frozen.

29. The vacuum tumbled food product of claim 27, wherein the food product is coated with a second dispersion of a lipid in an aqueous starch solution

30. The vacuum tumbled food product of claim 27, wherein the food product is a protein food product.

31. The vacuum tumbled food product of claim 30, wherein the protein food product comprises a seafood product.